

## **ABSTRACT**

A spinal rest adapted to provide either lumbar or thoracic support or a combination of the two. The spinal rest and support allows for the insertion of thermal packs such that hot or cold may be applied to the user. The thermal packs reside in an indentation within the front surface of the back support. The back rest provides support for proper curvature of the spine in the thoracic and lumbar region, while also able to support a thermal pack.